

Lub Koom Haum Pab

Khoom Noj Khoom Haus Zoo Rau Neeg Laus

Ntawm Khw Muag Khoom Qoob Loo

Koj tau txais \$5.00 rau daim ntawv nyiaj yuav khoom (coupon) los ntawm Xeev Alaska Lub Koom Haum Pab Khoom Noj Khoom Haus Zoo Rau Neeg Laus Ntawm Khw Muag Khoom Qoob Loo, uas paub tias yog SFMNP. Koj tuaj yeem siv daim ntawv nyiaj yuav khoom (coupon) no mus yuav cov txiv hmab txiv ntoo, zaub, tshuaj ntsuab thiab/los yog zib ntab uas cov neeg Alaska cog los ntawm cov neeg raug tso cai ua liaj ua teb, cov neeg muag khoom ntawm liaj teb thiab cov khw muag khoom qoob loo tom tshaw puam. Tuaj yeem tshawb nrhiav cov npe ntawm cov neeg ua liaj ua teb raug cai thiab lawv cov chaw muag khoom rau hauv online rau ntawm <http://dhss.alaska.gov/dpa/Pages/nutri/fmnp/default.aspx> or by request.

Cov ntaub ntawv tseem ceeb:

- Nws txhaum cai yog tias tau txais cov nyiaj pab ntau dua \$30 rau hauv xyoo 2020.
- Yuav tsum siv daim ntawv nyiaj yuav khoom (coupon) los yuav cov khoom nyoos tau xwb, cov txiv hmab txiv ntoo, zaub, thiab cov tshuaj ntsuab txiam laj txiam xws uas cog rau hauv Alaska.
- Koj kuj tuaj yeem yuav cov zib ntab uas raug tsim ua rau hauv Alaska.
- Tsis tuaj yeem siv daim ntawv nyiaj yuav khoom (coupon) rau hauv cov khw muag khoom noj khoom haus tau.
- Tsis tuaj yeem hloov daim ntawv nyiaj yuav khoom (coupon) tau yog tias ua ploj lawm, muaj neeg nyiag lawm los sis ntuag lawm.
- Koj tuaj yeem siv ntau daim ntawv nyiaj yuav khoom (coupon) rau thaum siv them yuav khoom ib zaug.
- Cov neeg ua liaj ua teb tsis tuaj yeem muab nyiaj rov qab tau yog li ntawd yuav tsum siv kom tag nrho tus nqi.
- Vim muaj tus kab mob khaus viv-19 (COVID-19), tej zaum qee cov chaw ua qoob loo thiab khw muag khoom yuav ua hauj lwm sib txawv nyob rau xyoo no. Hu rau tus neeg cog qoob loo los sis lub khw muag khoom ua ntej koj mus yuav khoom yog tias koj muaj lus nug.
- Yog tias koj muaj lus nug dab tsi, lus taw qhia, cov lus qhia los sis koj xav hais qhov kev tsis txaus siab, thov tiv tauj rau koj lub chaw hauj lwm xa khoom los sis Lub Xeev Alaska Lub Koom Haum WIC rau ntawm (907) 465-3100 los sis email ntawm wic@alaska.gov.



Saib ntawm peb cov paib qhia
txhawm rau mus nrhiav cov tswv
muag khoom qoob loo uas tau
txais kev tso cai.

NWS MUAJ KEV NYAB XEEB RAU QHOV MUS NCIG RAU HAUV IB LUB KHW MUAG KHOOM OOOB LOO

1 NKAG MUS THIAB
TAWM KOM SAI LI
SAI TAU.

2 TXIB YUAV UA NTEJ
YOG TIAS UA TAU.

3 TSO COV TSIAJ YUG
SAIB HAUV TSEV
RAU TOM TSEV.

4 TXHUV KOJ OB
TXHAIS TES UA NTEJ
THIAB TOM QAB KOJ
MUS RAU LUB KHW

5 CAIV KOJ TUS
KHEEJ NYOB KOM
SIB NRUG DEB
NTAWM LWM TUS
NEEG.

6 PAUB TXOG YAM
KOJ XAV TAU UA
NTEJ KOJ YUAV MUS
RAU NTAWM TXOJ
KAB TOS YUAV
KHOOM.

7 KOJ KOV NWS.
KOI YUAV NWS.

8 TSIS TXHOB NOJ LOS
SIS HAUS NYOB RAU
NTAWM LUB KHW.

9 NQA KOJ COV NTAWV
NYIAJ YUAV KHOOM
(COUPON)

10 UA SIAB NTEV
THIAB MUAJ KEV
UA TSAUG

Puas muaj lus nug dab tsi?
Hu rau koj lub chaw hauj lwm xa
khoom
los sis (907) 465-3100

#UATSAUGTUSNEEGUALIAJUATEB